



Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate Warrior

By Jason Ferruggia

Avery Publishing Group Inc., U.S., United States, 2008. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. The ultimate strength and conditioning book for ultimate fighters. Mixed martial arts (MMA) is America's fastest-growing combat sport, with millions signing up for MMA classes and many more tuning in to pay-per-view to watch events with names like Cage Rage and No Limit. MMA is not for wimps, and participants take a real pounding—they must be ready for anything. However, there is one way to predict a winner in any bout: conditioning. When facing an opponent with equal technical skill, the better-conditioned athlete will win—every match, every round, every time. Now, with amateur fight leagues springing up across the country, top conditioning coach Jason Ferruggia reveals the ultimate conditioning program for the ultimate fighter. By gaining overall strength, stamina, speed, and flexibility, athletes can substantially reduce their risk of injury in this intense contact sport. The key to Ferruggia's system is his emphasis on matspecific conditioning techniques. Too many would-be fighters use training programs borrowed from football or bodybuilding—methods that are all wrong for MMA. Included are: - A first-rate warm-up guaranteed to make a fighter more...



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Reviews

This is the greatest book we have read through till now. It is probably the most amazing book we have go through. I am just happy to tell you that here is the greatest book we have read through during my individual daily life and may be he best ebook for possibly.

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Absolutely essential go through ebook. It is actually rally intriguing through looking at time. I realized this ebook from my i and dad advised this publication to understand.

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